

ADULT HEALTH AND FITNESS CLASSES

MINDFULNESS- BASED STRESS REDUCTION AT MEADOWLARK BOTANICAL GARDENS s/c

Instructor: Trisha Stotler

Mindfulness – Based Stress Reduction (MBSR) is an intensive course designed to transform your relationship to stress, improve your health, and increase your enjoyment of life. Research shows that many people who complete this course report:

- Lasting decreases in physical and psychological symptoms
- An increased ability to relax and enjoy each moment
- Lower pain levels and/or a better ability to cope with pain that may not go away
- Improved self-esteem, self-acceptance and confidence
- Cultivating powerful inner resources for coping with life stressors

Greater energy and enthusiasm for life The class consists of eight 2-hour classes, and one half-day retreat. Classes are highly participatory and practical. The course includes guided instruction in mindfulness meditation, mindful movement exercises, group discussions, and exercises to help bring mindfulness to challenging situations in everyday life. Homework consists of 15 – 45 minutes of daily practice with specially designed materials.

For more information, please call program coordinator, Cheryl Harlan at 703-255-7801.

April 16 – June 11

441333A1 - T – 10:30 a.m. – 12:30 p.m.

Fee: \$350 One fee for everyone includes a part day retreat – class runs Nine weeks

JAZZERCISE s/c

Teens and Adults

Instructor: Joan Brown

The original dance exercise phenomenon! Each 60 minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, jazz country, funk and classics. Easy to follow fun choreography includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. To register call 703-802-1483.

M/W/F - 9:30 a.m. - 10:30 a.m.

M/W - 6:30 p.m. – 7:30 p.m.

Fee: \$42 monthly pass
\$10 per class for walk in.

JAZZERCISE ON THE LIGHTER SIDE s/c

Teens and Adults

Instructor: Joan Brown

Fitness that's not intimidating, just invigorating! This 60-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance and flexibility using easy-to-follow movements. Whether you are a beginner, newcomer, a senior, pregnant, significantly overweight, or otherwise physically restricted, you can't go wrong with this popular light version of the original Jazzercise program. For more information Call 703-802-1483 to register.

T/TH - 5:45 p.m. - 6:45 p.m.

Fee: \$42 monthly pass
\$10 per class for walk in.

REGISTRATION DATES

**IN TOWN BEGINS
FEBRUARY 2 AT 8:00 A.M.**

**OUT OF TOWN BEGINS
FEBRUARY 9 AT 8:00 A.M.**

Classes need to reach the minimum number one week prior to the start or they will be canceled. Please register early.

STROLL'N SHAPE

Instructor: Sharon Turner, ACE Certified Personal Trainer and Group Fitness Instructor

Stroll'n Shape features a total body workout in a comfortable baby friendly environment. The workout includes interactive exercises with mom and baby using Pilates techniques. Strength and muscle conditioning is the focus using equipment which will be provided. There will be an added emphasis on regaining core strength.

Please bring a mat and towel to class

First class will meet at the front of the Community Center

April 13 – June 8 (No class May 25)

403050 A1 – M - 9:30 a.m. – 10:30 a.m.

Fee: R \$96 / NR \$120 – Eight classes

April 15 - June 10

403050 B1 – W - 9:30 a.m. – 10:30 a.m.

Fee: R \$108 / NR \$135 – Nine classes



ADULT HEALTH AND FITNESS



PILATES WITH PROPS s/c

Ages: 14 and up

Instructor: BodyMoves Fitness, LLC

Pilates with Props extends the benefits of Pilates Matwork by employing small apparatus including FlexBands and Sponge-balls to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss Ball. (Optional material fee in class to purchase a burst-resistant, 55cm Swiss Ball from the instructor or bring your own.)

April 14– June 2

433500 A1 – T - 12:30 p.m. – 1:30 p.m.

Fee: R \$104 / NR\$130 – Eight classes

PILATES MATWORK s/c

Ages: 14 and up

Instructor: BodyMoves Fitness, LLC

Enjoy the numerous benefits of this popular discipline. Strengthen the torso, including the body's "Powerhouse" area; enhance balance and muscle control, while increasing flexibility and range of motion; develop proper body alignment, "lengthening" the spine; and connect mind to muscles using the breath and mental focus. **Please bring a mat to class.**

April 15 – June 3

433500 B1 – W - 7:00 p.m. – 8:00 p.m.

Fee: R \$104 / NR\$130 – Eight classes



MORNING FITNESS WAKEUP s/c

Ages: 18 and up

Instructors: John Mays and Nathan Greiner (certified personal trainers)

This class is a group personal training program for adults run by certified personal trainers. Get the benefits of your own trainer at a fraction of the cost. The program runs continuously throughout the year. It is designed to promote long lasting healthy habits and reduce the effects of aging in adults. Class will incorporate:

~ Weight Training – strong bones and muscles, weight management

~ Cardiovascular (indoor / outdoor) – increase heart efficiency, weight management

~ Flexibility Training – connective tissue health

March 9 – April 3

333429 C1 – M/W/F - 6:00 a.m. – 7:00 a.m.

April 13 – May 9

333429 D1 – M/W/F – 6:00 a.m. – 7:00 a.m.

Fee: R \$149 / NR \$186 – Twelve classes

TAI CHI CHAUN

Instructor: Keith Harrington

Tai Chi Chaun is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force present with every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes going in all directions. Tai Chi Chaun builds good physique, as all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

Beginner

April 13 – June 10 (No class May 25)

433030 A1 – M/W – 7:00 a.m – 8:00 a.m

Fee: R \$80 / NR \$110 – Seventeen classes

CARDIO BOXING S/C

Ages 16 and up

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks, and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab, and punch your way to fitness to the hottest dance music.

March 11 – May 20 (No class April 8)

433022 A1 – W – 8:15 p.m. – 9:00 p.m.

Fee: R \$110 / NR \$137.50 – Ten classes



ADULT HEALTH AND FITNESS

HATHA YOGA

Teens and Adults

Instructor: John Giunta, MA

Have fun while we gain flexibility, strength, improve concentration and achieve deeper union of body, mind and spirit with authentic yoga teachings. Dress for movement and bring a mat. John has made a pilgrimage to India, studying Vedanta and Raga yoga. He is a senior teacher with nearly 30 years of teaching experience. A published author with numerous media appearances, he is also a certified Phoenix Rising Yoga Therapist and consultant on yoga listed with George Mason University Arts Wellness. John provides his own live music for mediation at the end of the class.

Beginner

April 14 – June 9

433050 A1 – T – 7:00 p.m. – 8:30 p.m.

Fee: R \$81 / NR \$101.25 – Nine classes

April 13 – June 8 (No class May 25)

433050 C1 – M – 12:30 p.m. – 1:30 p.m.

Fee: R \$48 / NR \$60 – Eight classes/one hour

Beginner/Intermediate

April 18 – June 13

433050 B1 – S – 7:00 a.m. – 8:30 a.m.

Fee: R \$81 / NR \$101.25 – Nine classes

Advanced

April 16 – June 11

433051 A1 – TH – 7:00 p.m. – 8:30 p.m.

Fee: R \$81 / NR \$101.25 – Nine classes

YOGA SCULPT AND STRENGTH s/c

Ages 16 and up

Instructor: Body Moves Fitness, LLC

Integrate the advantages of muscle conditioning with the alignment benefits of yoga practice. Bring mind and body into harmony while toning your musculature and preserving bone density. Weight bearing positions apply correct force to muscles around the bones, promoting strength and encouraging maintenance of bone mineralization. Use breath and focus to work fully with decreased stress and injury. Please bring a mat and light hand weights (1 – 2 lbs.) to class.

April 13 – June 1 (no class May 25)

433501 A1 – M - 7:30 p.m. – 8:30 p.m.

Fee: R \$77 / NR \$96 – Seven classes



FAMILY YOGA s/c

Ages 16 and up

Instructor: BodyMoves Fitness

Do you need and opportunity to spend time as a family, relax, exercise and be with each other? Family yoga offers a calm, mindful activity to bring you closer to your children. Multiple ages experience yoga together through partnering, games and inventive poses. This interactive class develops self-awareness, body knowledge and a closer bond in a relaxed and welcoming environment.

April 13 – June 1

433501 B1 – T - 6:30 p.m. – 7:15 p.m.

Fee: R \$140 / NR \$175 – Seven classes

KUNDALINI YOGA

Ages 16 and up

Instructor: Hari Kaur Khalsa

Yoga is an ancient system of self-healing which combines yoga postures/specific breathing techniques and meditation into integrated systematic combinations which strengthen the body, relieve stress and increase self awareness. Bring an exercise mat and wear comfortable loose clothing.

April 16 - June 4 (No class April 30)

433052 A1 – TH - 9:30 a.m. - 11:00 a.m.

Fee: R \$63 / NR \$78.75 – Eight classes

ADULT HEALTH AND FITNESS

TOTAL FITNESS AEROBICS THE ULTIMATE WORKOUTS/c

Instructor : Nina Crissey (AFAA certified with over 20 years experience)

This fun and challenging class is designed to increase cardiovascular fitness along with developing tone through muscular conditioning. This low-impact, high intensity workout is designed to meet the needs of all levels of fitness. This one-hour workout consists of 40 minutes of aerobics including stand-up toning exercises and 20 minutes of floor work concentrating on abdominal muscles and legs. Enjoy top 40, classic rock and high energy favorites while you get in great shape. Men and women are welcome. Please remember to bring a water bottle and towel or mat. For more information please call Nina @ 703-255-6630.

April 9 – June 30 (no class Apr.16, May 5, Jun. 16)

433020 A1 – T and TH, 6:00 p.m. – 7:00 p.m.

Fee: R \$189 / NR \$220.50 – twenty-one classes

April 9 – June 30 (no class Apr.16, May 5, Jun. 16)

433020 B1 – T and TH, 7:15 p.m. – 8:15 p.m.

Fee: R \$189 / NR \$220.50 – twenty-one classes

April 11 – June 27

433020 C1 – S - 8:30 a.m. – 9:30 a.m.

Fee: R \$99/ NR \$115.50– Eleven classes

ZUMBA - LATIN AEROBICS s/c

Ages 14 and up

Instructor: Lupe Rother

Zumba combines high-energy and motivating music with Latin dance and aerobics moves to create a fast-paced, effective, and fun workout. Zumba toning takes the original zumba dance fitness class to the next level utilizing an innovative muscle training protocol with the addition of light weight toning sticks or dumbbells. This Latin-inspired dance and combination of rhythms within the same songs and flavor: Latin Disco, reggaeton, cumbia, conga, hip-hop, meringue, belly dance, salsa, cha cha, and more. You don't have to be a dancer to zumba as long as you keep moving, you can't make a mistake.

March 30 – June 1 (No class April 6, May 25)

433021 A1 – M - 7:00 p.m. – 8:00 p.m.

March 14 – May 23 (No class April 11, 25 or May 9)

433021 B1 – S - 10:00 a.m. – 11:00 a.m.

Fee: R \$80 / NR \$100 – eight classes

TENNIS EVERYONE!

FirstServe Tennis Academy is back for another exciting year of first-rate instructional tennis programs for players of all abilities ages 4 – adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment that fosters student improvement and achievement. By keeping class size small, students benefit from individual attention that leads to quick results. New programs have been added this year for students of all ages and levels. Also, lessons by appointment are available so you can set up a lesson plan that fits in your schedule. Whatever your level of play, you are just a few hours of FirstServeTennis instruction away from a lifelong love of tennis!

- **Bring water and your own racket, contact FSTA for advice on purchasing the appropriate racket at 571-217-1684 or visit www.tenniseveryone.net for more information.**

ADULT TENNIS CLASSES - Ages 18 and up s/c

Tennis I - Adult Beginner AM

March 30 – May 18 (No class April 6)

434040 A1 – M - 9:30 a.m. – 10:45 a.m.

Fee: R \$175 / NR \$218.75 – Seven classes

Tennis III - Adult Intermediate/Advanced PM

March 31 – May 19 (No class April 7)

434040 E1 – T - 8:30 p.m. – 10:00 p.m.

Fee: R \$210 / NR \$262.50 – Seven classes

Tennis II - Adult Supervised Match Play and Drill AM

March 30 – May 18 (No class April 6)

434040 B1 – M - 10:45 a.m. – 12:15 p.m.

Fee: R \$158 / NR \$197.50 – Seven classes

Lessons by Appointment for Adults and Children

Make checks payable to: First Serve Tennis Academy

Contact FSTA instructors directly to set up time and dates for your individual, semi-private, and private group lessons. Call 703-868-8172 or visit www.tenniseveryone.net for more information, including program and racket recommendations. All classes are at Glyndon Park unless otherwise noted.

April 1 – November 1

Private (one student): \$55/hr (Contact FSTA for season pass discounts)

Semi-Private (two students): \$35/hr/student (Contact FSTA for season pass discounts)

Small Group (3 students): \$30/hr/student (Contact FSTA for season pass discounts)

Small Group (4 students): \$25/hr/student (Contact FSTA for season pass discounts)

Large Group/Special Events/Birthday Parties, etc. (Contact FSTA)

30-minute pro-rated lessons are available for ages 4 – 6.

* Please note: Cancellations within 24 hours of the scheduled lesson time will be charged 100% of the lesson tuition.